







Meals containing more than 1000 mg of sodium 2019 Lunch Menu







Monday	Tuesday	Wednesday	Thursday	Friday
Oven Fried Chicken Delmonico Potatoes Seasoned Spinach Whole Wheat Bread Fresh Apple	Cheeseburger Macaroni Green Peas California Vegetable Blend Whole Wheat Bread Cinnamon Applesauce	Chef Salad Saltine Crackers Fresh Fruit Salad Dressing	HOLIDAY CLOSED for the 4th of July Holiday	Bean Tamale Pie Corn O'Brien Fiesta Vegetable Blend Whole Wheat Bread Mixed Fruit Chef's Dessert
8 Chicken Fried Rice Green & Red Cabbage Lentil Pilaf Mixed Fruit	9 Vegetable Soup Chicken Salad Lettuce & Tomato German Coleslaw Whole Wheat Bread Mixed Fruit	Grilled Pork Mushroom Gravy Oven Roasted Potatoes Peas & Carrots Whole Wheat Bread Fresh Orange	Sloppy Joe Baked Beans Capri Vegetables Hamburger Bun Pineapple Tidbits	Oven Fried Chicken Garlic Whipped Potatoes Peas & Carrots Whole Wheat Bread Fresh Banana
BBQ Chicken Breast Cheesy Brown Rice Glazed Carrots Mixed Fruit	Swiss Steak Whipped Potatoes Seasoned Spinach Whole Wheat Bread Fresh Orange	Garden Turkey Salad Saltine Crackers Fresh Apple Salad Dressing	Breaded Fish Confetti Brown Rice Garden Vegetables Fresh Banana Chef's Dessert	Meatloaf w/ Onion Gravy Whipped Potatoes Brussels Sprouts Whole Wheat Roll Fresh Orange
Breaded Fish Corn O'Brien Broccoli Whole Wheat Bread Tropical Fruit Chef's Dessert	Chicken Fajitas Corn & Tomatoes Whole Wheat Tortilla Spiced Mixed Fruit Taco Sauce	24 Minestrone Soup Tuna Salad Lettuce & Tomato Cucumber & Tomato Salad Whole Wheat Bread Tropical Fruit	25 Beef Spaghetti Sauce Whole Grain Spaghetti Side Salad Mixed Vegetables Spiced Peaches	26 Hamburger Patty Lettuce & Tomato Pinto Beans Mixed Vegetables Hamburger Bun Fresh Banana Chef's Dessert
Swedish Meatballs Whole Grain Penne Pasta Broccoli Mixed Fruit	Sausage w/ Onions & Peppers Tater Tot Casserole Green Beans Hot Dog Bun Peaches	Beef Taco Salad Fluffy Fruit Salad Taco Sauce		IAPPY ULY 4th!

[&]quot;This project is supported by Older Americans Act funds by the County of San Diego Health & Human Services Agency, Aging & Independence Services." Meals are served at 12:00 pm - Suggested Senior Donation 60+ \$2.50 - Non-Senior fee is \$4.00

No eligible person shall be denied a meal because of failure or inability to contribute. ** Menu Subject to Change without Notice **